

The Scarboro Figure Skating Club is proud to present the 5th annual:

'TURNING ENERGY INTO ART'

A workshop devoted to the joy of skating

Monday, March 16, 2009



Featured Presenter:

Ice Theatre of New York

Open to skaters and coaches from any club

TENTATIVE SCHEDULE

9:15-9:45 Competitive - OFF ICE

10:00-11:15 Competitive - ON ICE

11:30-12:45 High - ON ICE

12:45-1:15 LUNCH

1:15-1:45 High & Intermediate - OFF ICE

2:00-3:15 Intermediate - ON ICE

3:30-4:45 Low - ON ICE

5:00-5:30 Low - OFF ICE

Each skater will do one on-ice and one off ice class.
Skaters will be grouped according to level after all the applications are received.

PRICES

One on-ice and one off-ice session \$ 45.00

Home Club Scarboro FSC members \$ 35.00

SFSC 2008-9 STARSkate and Competitive Team members... \$ 25.00

*Coaches free - *please let Cheryl know you are coming*

**time at the workshop counts towards Coaches' CEP. 5 credits for full day (6 hours), 2 ½ credits for a half day (3 hrs)*

A WORD ABOUT THE ICE THEATRE OF NEW YORK

The Ice Theatre of New York is an extraordinary organization that has changed the face of figure skating by integrating contemporary dance, music and art into skating. Founded in 1984 by Moira North, The Ice Theatre of New York is America's first not-for-profit ice skating ensemble to be awarded grants as a dance company by the National Endowment for the Arts, the New York State Council on the Arts and the New York City Department of Cultural Affairs. Among the illustrious guest artists who have performed with Ice Theatre are Olympic Champions John Curry, Oksana Baiul, Sarah Hughes and Tatiana Navka & Roman Kostomarov, medallists Toller Cranston, Paul Wylie, Yuka Sato, and innovative skaters/artists like Gary Beacom, David Liu, Gia Guddat, and Katherine Healy (also a Prima Ballerina).

At 'Turning Energy Into Art 2009' they will be presenting their Plie Power Workshop, a series of exercises that was developed by John Curry as a daily class for his skating company. The format was adapted and taught by both himself and trained teachers from the Ice Theatre of New York. Participants perform a series of exercises from basic to advanced difficulty focusing on freedom of ice movement. The basic material may be incorporated in skaters' daily warm-up routine while more advanced sequences may be modified for use in solos.

Skaters who have attended these classes include David Liu, Robin Wagner, Sarah Hughes, Gary Beacom, Katherine Healy, Kim Navarro and Brent Bonomentre, Emanuel Sandhu, Judy Blumberg and Douglas Webster. To learn more about the Ice Theatre of New York please visit their website at: www.icetheatre.org

For more information and/or application forms please contact Cheryl Richardson at:
cherylrichardson2000@rogers.com or the Scarboro FSC at: 416-438-9508
Applications also available on the Scarboro FSC website at: www.sfsc.on.ca

Please book early to avoid disappointment.

The Scarboro Figure Skating Club Presents
'Turning Energy Into Art 2009'
with the Ice Theatre of New York
Monday, March 16, 2009

Name _____

Address _____

_____ Postal Code _____

E-Mail _____

Confirmation of your group and time will be sent on Monday, March 9, 2009. It will also appear on the Scarboro FSC website at www.sfsc.on.ca. You will only be contacted before this if the seminar is full or there is a problem with your application. Otherwise, assume your application is accepted. Email is preferred to speed communication.

Phone # _____ Birthday _____

Home Club _____

Coach _____ Coaches' email _____

Last Complete Test Passed (as of January 1, 2009):

Free Skating _____ Dance _____

Skills _____ Interpretive _____

_____ STARSkate Stream _____ Competitive Stream (Level in 2008-9 season _____)

Each group will receive one on ice and one off ice session. Skaters will be grouped after applications have been received.

Fees: Skate Canada Members: \$45.00 (one on ice and one off ice session)

Scarboro FSC home club members: \$35.00 (one on ice and one off ice session)

Scarboro FSC 2008-9 STARSkate & Competitive Team members: \$25.00 (one on ice and one off ice session)

Coaches: free but please contact Cheryl to let her know you are coming.

Please return your application by Sunday, March 8, 2009 to:

Scarboro Figure Skating Club
1967 Ellesmere Road
Scarborough M1H 2W5

Please make cheques payable to the *Scarboro Figure Skating Club*. For more information contact Cheryl Richardson at:

905 642 5312 or cherylrichardson2000@rogers.com or

Scarboro FSC office: 416 438 9508 Fax: 416 438 9512

Information will be posted on the Scarboro FSC website at: www.sfsc.on.ca

In acceptance of my application, I intend to be legally bound and do hereby, for myself, my heirs and assigns waive, release and forever discharge any or all rights for claims for damages for which may hereafter occur to me, against the Scarboro Figure Skating Club, the Scarborough Recreation Centre, the City of Toronto, Skate Canada-Central Ontario, Skate Canada or any coach or officer of such organization in connection with my association with or participation in 'Turning Energy Into Art 2009' run by the Scarboro Figure Skating Club on March 16, 2009, or which may arise out of my traveling to or taking part in or returning home from said seminar.

Signature _____

Numbers will be limited so book early to reserve your place for this exciting opportunity!

Applications must be returned to the SFSC office. Only applications with a payment and signature (above) will be processed.